

# Food and Nutrition Policy



A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

As a setting, we are committed to ensuring food provision is healthy and nutritious and meets all the requirements of the Department of Education food and nutrition guidance.

We are required to work alongside parents and/or carers to ensure children are provided with healthy, balanced and nutritious food in the setting and at home.

As your child's key person, it is my responsibility to share with you our approach to food provision and to let you know what your child has eaten and drunk during the day. This information sharing aims to help you to plan your child's meals and snacks at home, to ensure they have a healthy balanced diet through the week.

The seasonal healthy eating menus will be updated in consultation with you and your child/ren. I will have regular conversations with you about your child's diet including during induction, when we discuss their dietary needs including whether they have any allergies or intolerances.

The following meals and snacks are provided –

- Breakfast – if your child has not eaten at home – before 8am. (£2)
- Morning snack – a small snack to top up your child before lunch.
- Lunch – either a packed lunch brought in by you (see Packed Lunch Policy) or food we provide. (£4)
- Tea / dinner – a cooked meal before your child goes home – after 6pm (£4)

**Baby feeding guidance** – we follow NHS baby feeding guidance. Please see the Safer Eating Policy for more information about weaning.

**The mealtime environment and social aspects of mealtime** – meals are a group occasion, and we all sit together. This also allows me to monitor your child for safety, to protect them from choking and to act quickly if they try to, for example, swap food which might cause them to have an allergic reaction.

**Celebrations and special occasions** – DfE recommend that, instead of cake and sweets, parents provide a fruit platter or send in non-edible options for celebrations and special occasions such as bubbles or stickers. This will support children's healthy eating habits in the setting.

**Management of food allergies and dietary needs** – see the Safer Eating Policy for more information.

**Provision for cultural and dietary preferences** – information from parents will be used to design menus which will include cultural and dietary preferences as advised. Substitutions will be made to ensure the menu is suitable for every child.

**Policy on food brought in from home** – see the Packed Lunch Policy for more information. Also please note the DfE guidance on ‘celebrations and special occasions’.

**Policy on commercial baby food and drink** – where possible, babies will be weaned onto the menu, with food mashed or cut up depending on their stage of weaning and individual preferences and needs. See the Safer Food Policy for more information.

**Learning about food and cooking with children** – children are involved in all aspects of food purchasing, preparation and serving, depending on their ages and understanding.

**Food safety and hygiene** – as a setting, we use Safer Food Better Business for childminders – <https://www.food.gov.uk/business-guidance/safer-food-better-business-for-childminders>

We also comply with latest food safety and hygiene information from the Food Standards Agency (FSA).

**Sustainability** – we aim to promote healthy eating habits, reduce food waste, compost and recycle food that is not eaten, buy locally to support the local economy and provide seasonal menus.

If you have any questions, please ask. Thank you